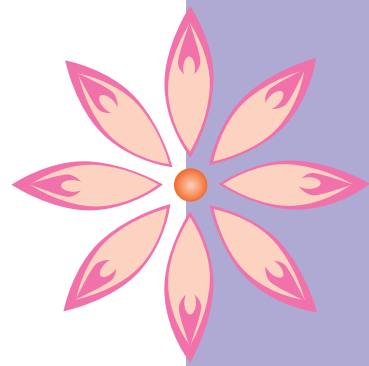


# Participant Physical Activity Tracking Log



## What do I do?

- 1

Wear your pedometer all day every day to track your physical activity. Your pedometer records “steps” or major movements of your body. If you usually walk to move about, you should wear it on your waist. If you use a wheelchair, walker, or cane, you may want to wear an arm-band pedometer on your arm or wrist.
- 2


At the end of each day, record your pedometer reading (in steps) in the calendar below.
- 3


Log on to the WOMAN Challenge website ([womenshealth.gov/whw/woman](http://womenshealth.gov/whw/woman)) to submit your pedometer readings (in steps) each week – don’t worry, we’ll remind you!
- 4


Get moving each day to reach your goal and advance along your virtual route.
- 5

You will receive updates on your progress, weekly motivational emails, and valuable health information.

- If you meet your goals, you will complete your virtual route by the end of the challenge. **If your goal is...**

 **10,000 steps or more each day**, you will move along the virtual route according to the pedometer readings you log on the website (using a multiplier formula to cover the distance between cities).








 **Less than 10,000 steps each day**, you will move along the virtual route based on whether or not you log your daily physical activity on the website.

 **If you are participating as part of a team**, your movement along the virtual route is based on an average with your teammates’ physical activity.

## Step Conversion Guide

Some activities are difficult to measure using a pedometer. Use this conversion guide to include these activities in your pedometer readings.

- Lap swimming .....**172** steps per minute
- Biking .....**148** steps per minute
- Water aerobics .....**116** steps per minute
- Gardening .....**73** steps per minute
- Housecleaning .....**51** steps per minute

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
MAY	14 <i>Mother's Day</i> 							
	←	NATIONAL WOMEN'S HEALTH WEEK					→	
	21	22	23	24	25	26	27	
JUNE	28	29 <i>Memorial Day</i>	30	31	1	2	3	
	4	5	6	7	8	9	10	
	11	12	13	14	15	16	17	
JULY	18 <i>Father's Day</i>	19	20	21	22	23	24	
	25	26	27	28	29	30	1	
	2	3	4 <i>Independence Day</i>	5	6	7	8	

 **Grand Total**⇒⇒

For Health Information:

womenshealth.gov/whw

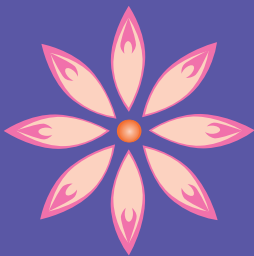
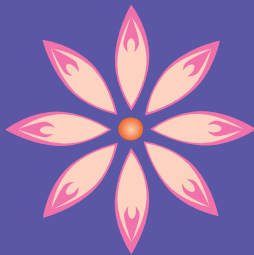


womenshealth.gov/whw/woman

Sponsored by: Office on Women's Health, U.S. Department of Health and Human Services

# WOMAN Challenge

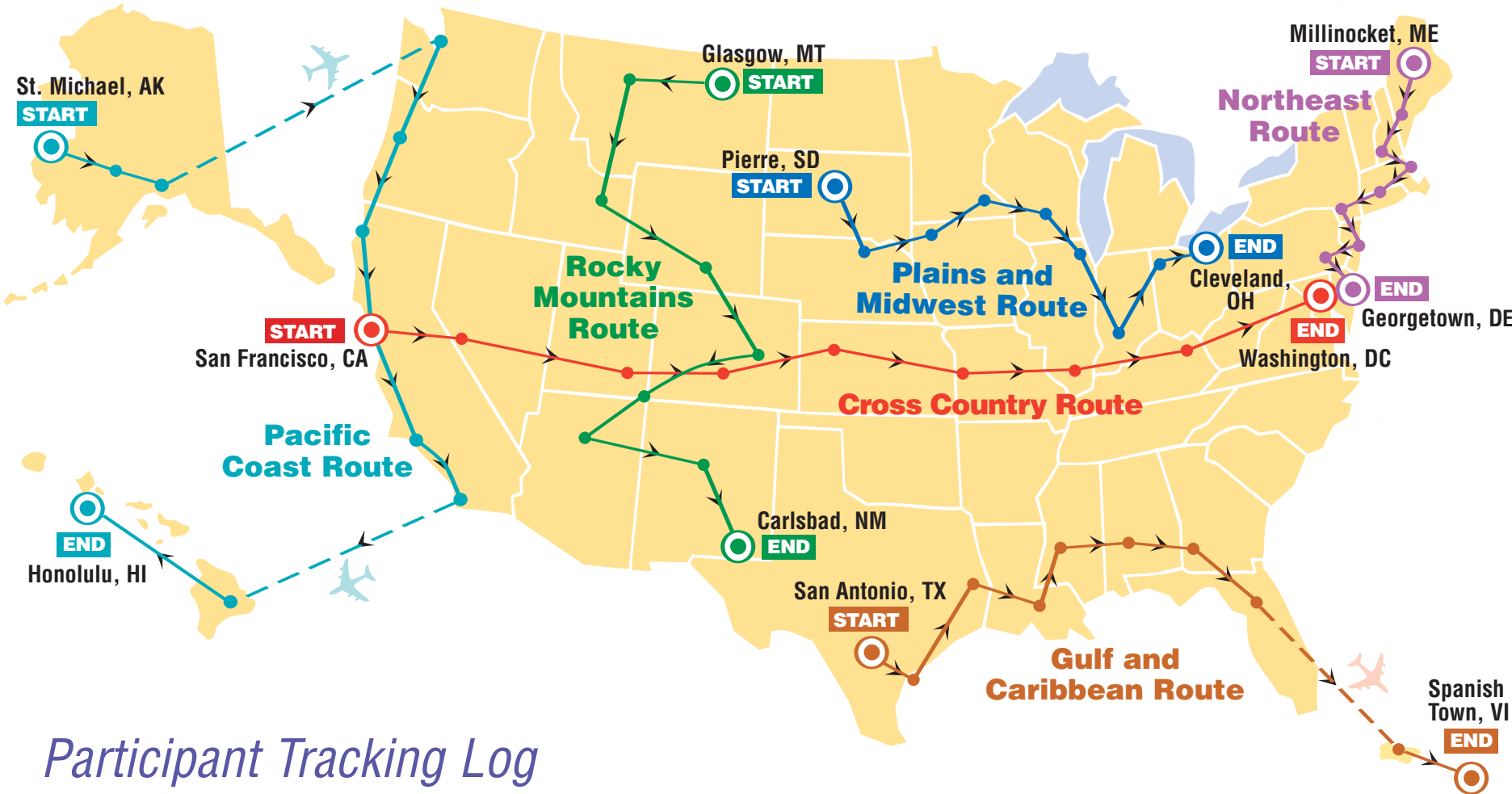
Women and girls **On the Move Across the Nation**



# WOMAN Challenge

Women and girls **On the Move Across the Nation**

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Participant Tracking Log